



Bearcat men set to open campaign with games in St. Joseph

WESLEY MILLER
Managing Editor | @wesleymiller360

It's the start of a new chapter in the story of Northwest men's basketball, with the Bearcats set to open the 2023-24 season with the Hillyard Tipoff Classic Nov. 10-11 in St. Joseph.

When Northwest takes the floor for a game next, it will be 243 days removed from the best run in Division II as the first program to win three straight national championships.

The Bearcats' historic run came to a halt in the Central Region Semifinals, and junior guard Mitch Mascari said he expects the abrupt ending to be on the players' minds heading into the new campaign.

"We got a little bit of a chip on our shoulder coming back from that, and we all know that we kind of got to come out with a bang," Mascari said. "It's definitely a motivator. You don't want to just focus on last season because it's kind of over with, you know? We got a whole new season, different team, but it's definitely kind of a good fire in the system."

Northwest's chance to "come out with a bang" is against one of the top preseason teams in Division II.

Northwest (31-3, 2022-23) topped the preseason top-25 poll by the National Association of Basketball Coaches, while Northern State (24-7, 2022-23) was slated at No. 21.

The Bearcats, coming off their 10th-consecutive MIAA regular season title, were picked as the favorites to win it again in the preseason coaches and media polls.

SEE ST. JOSEPH | A4

Weekend in Minnesota up first for women's basketball

DESTINY TAYLOR
Sports Reporter | @destinytay04

Northwest women's basketball is gearing up to play Southwest Minnesota State for its season opener at 5 p.m. in Marshall, Minnesota, Nov. 10.

The Bearcats will follow that up with a game against Minnesota-Crookston at 5 p.m. Nov. 11 in Marshall, Minnesota.

Coach Austin Meyer said Southwest Minnesota is a priority right now, and then afterward he will worry about scouting for Crookston.

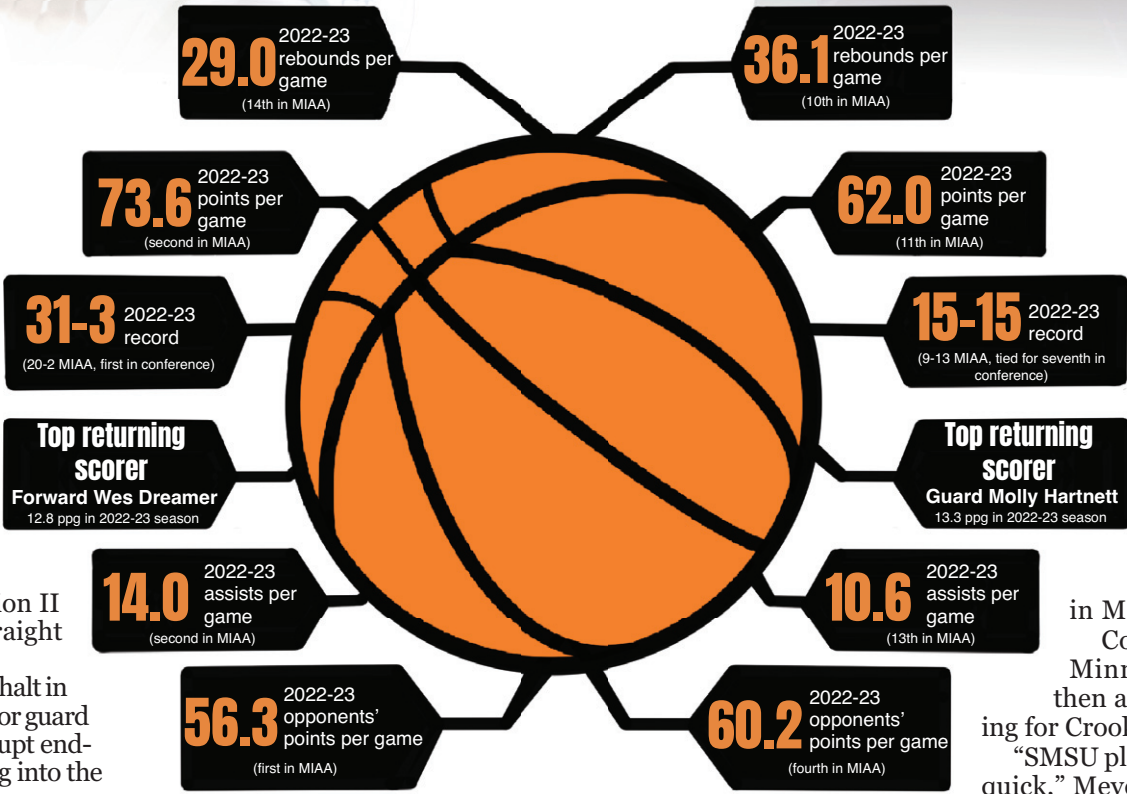
"SMSU plays extremely fast and looks to score quick," Meyer said. "They spread the floor with kids that can all drive the ball and shoot it, so it really tests your ability to guard the ball in space."

Junior guard Molly Hartnett said the team has a special bond and good knowledge of each other's needs that will be helpful in a competition against Southwest Minnesota.

"We are all excited to just go out there and do what we know how to do best," Hartnett said. "Then, you know, right to the back-to-back game, and you gotta move on and go get prepared for the next game."

Meyer said the Mustangs may be a fast-paced team, but the Bearcats speed shouldn't be overlooked. He said Northwest is looking to play fast this season and score in the transitions before the defense has a chance to get set.

SEE MINNESOTA | A4



INFOGRAPHIC BY SAVANNAH ATHY-SEDBROOK DESIGN EDITOR

UP NEXT

NW vs. Northern State
3:15 p.m. Nov. 10
St. Joseph, Missouri

NW vs. Southwest Minnesota State
3:15 p.m. Nov. 11
St. Joseph, Missouri

UP NEXT

NW vs. Southwest Minnesota State
5 p.m. Nov. 10
Marshall, Minnesota

NW vs. Minnesota-Crookston
5 p.m. Nov. 11
Marshall, Minnesota

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AARON HARE PHOTOGRAPHER
Bearcat football junior defensive end Jake Fisher pulls down Missouri Western senior quarterback Armani Edden for his first of two sacks during the first quarter of Northwest’s 27-23 win Oct. 14. Fisher and the rest of the Bearcat defense held the Griffons to negative-17 rushing yards.

Bearcat Football Graduating Players		
Senior	Wide Receiver	Trevon Alexander
Senior	Defensive Back	Jianni Angulo
Soph.	Linebacker	Tucker Atwood
Soph.	Off. Lineman	Sam Bautz
Senior	Defensive Back	Cole Elwood
Soph.	Linebacker	Jakob Forslund
Senior	Wide Receiver	Kashan Griffin
Junior	Tight End	Noah Hann
Senior	Quarterback	Mike Hohensee
Senior	Defensive Back	Rhett Jordon
Senior	Defensive Tackle	Drake Kinsella
Senior	Wide Receiver	Ra’Shoud Shelton
Senior	Wide Receiver	Keegan Sturdy
Senior	Off. Lineman	Andrew Theobald
Senior	Linebacker	Isaac Vollstedt

INFOGRAPHIC BY DELANIE DYKES MISSOURIAN DESIGNER



AARON HARE PHOTOGRAPHER
Northwest football sophomore running back Jay Harris celebrates after scoring a touchdown during the 34-21 win against Central Oklahoma Oct. 7.

Northwest football to close out season with Senior Day

WESLEY MILLER
Managing Editor | @wesleymiller360

The end of the season is near for Northwest football, but this year’s finale is a little different. For the first time since 2003, when the Bearcats look to close out the regular season — at 1:30 p.m. Nov. 11 against Nebraska-Kearney in Bearcat Stadium — they won’t be ramping up for a playoff run.

With the lowest ranked team in Super Region Three heading into the final weekend of the season only having two losses and Northwest having four, the Bearcats’ Division II record of 18 consecutive playoff appearances is poised to come to an end.

Seventh-year coach Rich Wright said he’s been proud of the players’ efforts regardless of how the season has gone, and the focus needs to be on moving forward.

“You know, I felt like our kids always responded, and it’s something we’re trying to build on for 2024,” Wright said.

Just as the season is set to come to a close, so are some football players’ careers with the Bearcats. The Saturday afternoon contest will also serve as the team’s Senior Day, with 15 athletes to be honored before the game.

“Just want to send them out the right way,” Wright said. “They’ve meant a lot to our pro-



AARON HARE PHOTOGRAPHER
Northwest football sophomore running back Tank Young pulls away from Lincoln defensive players during the second quarter of the 59-0 win Sept. 23. Young rushed for one touchdown against the Blue Tigers.

gram, been a vital part to our success and, so, just excited to honor them on Saturday.”

While some of the players will be finishing up their careers, others will be playing their final game with 15 of their teammates.

Sophomore running back Jay Harris, who is fourth in Division II with 1,301 rushing yards, said he’s enjoyed the two years he’s spent with some of the seniors.

“The seniors mean a lot to me,” Harris said. “There’s not a lot left — a couple of days left with those guys — so I’m gonna make the best of it just on and off the field just spending time with them.”

Senior quarterback Mike Hohensee has donned the green and white since 2018. He’s tied for fifth with Braden Wright (2017-22) in program history with 59 career touchdown passes, and he’s seventh in program history

with 6,318 career passing yards.

His numbers received a decent boost from his performance in Northwest’s 52-0 win over Northeastern State Nov. 4, tying the single game program record touchdown passes with six and compiling 356 passing yards — the fifth 300-yard game of his career.

He said he’s looking forward to the opportunity to put on one last show in front of a Bearcat crowd.

“This week means a lot,” Hohensee said. “Especially being able to play in front of the fans at Bearcat Stadium again, and for that to be my last college game, I’m really just soaking it all up this week.”

The Bearcats (6-4, 5-4 MIAA) will wrap up the season against the Lopers (3-7, 2-7 MIAA), who snapped a four-game losing streak with a 38-6 win over Lincoln (0-10) Nov. 4.

Kearney’s offense, averaging 20.9 points per game (10th in MIAA) and 312.9 offensive yards per contest (10th in the conference), is led by senior quarterback T.J. Davis, who is fourth in the MIAA with an average of 229.3 total offensive yards per matchup.

The two-time Harlon Hill Trophy finalist has been forced to adapt to a new system under first-year coach Ryan Held, but Wright said he’s gained even more respect for Davis staying in Kearney despite the transition.

“He’s dangerous,” Wright said. “Truly a special athlete. You know, with the ball in his hands, he can do a lot of different things. I know that he’s not going to be a lot different than our seniors. I mean, he’s got one last game to play in his college career, and, you know, we’re gonna get his best shot.”

District championship sets up rematch for Maryville

DESTINY TAYLOR
Sports Reporter | @destinytay04

Maryville football will play St. Pius X for the Class 3 District 8 Championship Nov. 10 in the 'Hound Pound.

After a 47-8 win in the district semifinals against Cameron Nov. 3, the 9-1 Spoofhounds have moved on to compete in the third and final round of the tournament against the 9-2 Warriors.

Coach Matt Webb said Pius is talented in all aspects of the game, and the special teams is one of its biggest strengths that Maryville will have to be careful not to take for granted. He said the special teams don't just excel because of the athletes' strength, but the coaching staff also deserves a large portion of the credit.

"St. Pius brings great competition to the district championship round," Webb said.

The last matchup between Maryville and Pius ended in a 46-42 triumph for Maryville in the Spoofhounds' home opener Sept. 15. Maryville's win earlier in the season over Pius snapped a three-game losing streak.

Like Webb, senior quarterback Derek Quinlin said Pius is good at everything it does. He said he is expecting full effort as well as attention and commitment from himself and his teammates. He said the Warriors' skills shouldn't distract the Spoofhounds as long as they stay focused on their

Class 3 District 8 Championship		
Maryville	BY THE NUMBERS	St. Pius X
9-1	RECORD	9-2
39.9	POINTS PER GAME	50.5
15.9	POINTS ALLOWED PER GAME	15.9
378.5	OFFENSIVE YARDS PER GAME	292.6
148.4	YARDS ALLOWED PER GAME	142.9

INFOGRAPHIC BY DELANIE DYKES MISSOURIAN DESIGNER

game plan.

"The third round is just as important as any other play-off game because it is 'win or go home,'" Quinlin said. "We know we have to play our best football to keep winning. Pius has a great team and great players — we need to play our best football to beat them."

Quinlin has completed 1,976 passing yards in total this season, and his highest-recorded game for passing yards was against St. Pius with 409.

The Warriors' offense is averaging 50.5 points per game while the Spoofhounds have averaged 39.9. Webb said the Warriors' offense will be a big focus for Maryville.

"We need to find a way to get some stops in there somewhere in this game," Webb

UP NEXT

MHS vs. St. Pius X

7 p.m. Nov. 10

'Hound Pound

said. "They are also amazing on defense as well — very physical and very athletic. We are fortunate to be on the same field as them. They are truly an amazing team."

Pius senior running back Grant Redd has 84 recorded yards in total for punt returns this season and one touch-down return as well against Lafayette-St. Joseph Oct. 13. Junior defensive back Charles Ross III has 90 total yards recorded on kick returns.

"They are especially great in their return games," Webb



NIHA KAHLANDT PHOTOGRAPHER
Maryville football senior wide receiver Delton Davis side steps past Cameron during the Spoofhounds' 47-8 win over the Dragons Nov. 3.

said of Pius. "We will have to really focus on that area this week to not allow them to get any big returns on special

teams. They have been dominant since we last played them, absolutely destroying every team they have played."

State tournament match next up for boys soccer

AIDAN BROCKLEMAN
Sports Reporter | @BrocklemanAidan

Maryville boys soccer will play College Heights Christian Nov. 11 in Joplin, Missouri, for the Class 1 State Tournament. This will be the fourth straight time the Spoofhounds play in the state tournament.

Maryville advanced after a close win against Cristo Rey in the district championship Nov. 1, winning off of penalty kicks 4-1.

Now, the 'Hounds will have a week of practice before heading to Joplin. First-year coach Matt Stoecklein said what his players are going to work on for practice this week.

"We've looked at some film for the team we're about to play," Stoecklein said. "So, we're focusing on those things to counter what they're going to do, what we think they're going to do and what we need to do against it. And then, just in general, controlling the ball, possession of the ball."

Maryville has found suc-

cess this season, going 15-3 on the year with seven shutouts.

One of those shutouts was against Lone Jack, 3-0, Aug. 30 — the only team that the Spoofhounds and the Cougars (10-11), where they won 5-1, have both faced. This will be the first matchup between Maryville and College Heights Christian.

Whoever wins this game will go to the state semifinals and face either Bishop DuBourg (21-3) or Metro (12-4).

There are only three games standing between Maryville and a state championship, one it has been longing for a while. Maryville came close a couple of years ago with a third-place finish against Fair Grove, winning 5-0 Nov. 20, 2021. Sophomore Forward Tuan Jacobson said what he needs to do to help his team win against the Cougars.

"Specifically getting the ball in the net," Jacobson said. "Probably just playing great defense, and hopefully we win and basically just deliver."

Statistically, the 'Hounds



ALEXIS STARKS PHOTO EDITOR
Maryville boys soccer sophomore midfielder Tuan Jacobson dribbles the ball down the pitch attempting to beat the Savannah defender during the 8-0 win Oct. 16.

have the upper hand. By obtaining 3.8 goals per game and only holding their foes to 0.9 goals per game, their stats are better than their Cougar foe with only getting 3.1 goals per game and allowing 2.8 goals per game.

They have the fourth-highest goals per game and the best defense based on stats across the state tournament.

For the eight seniors on the

squad, they've won four district championships and were part of that third-place finish at state. And now, they're looking to cap off their successful careers and senior season with a state championship trophy. Stoecklein said he's anticipating the match against College Heights Christian.

"I think the boys are gonna have a great time with it," Stoecklein said. "They're gonna

UP NEXT

MHS vs. College Heights Christian

2 p.m. Nov. 11

Joplin, Missouri

be focused. We go down Friday night, spend the night — we're going to practice there Friday night at the place we play at. I think they're gonna be ready, and I think they're gonna be ready to go for Saturday."

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AARON HARE PHOTOGRAPHER
Northwest volleyball junior libero/defensive specialist Kyah Luhning dives for the ball after a spike from Fort Hays State during the Bearcats’ 3-0 win Nov. 4. Luhning recorded three spikes, two assists and 11 digs in the Bearcats’ 15th-straight win over the Tigers.

Bearcats fight for seeding in final weekend

STEVEN CROSBY
Sports Reporter | @sicsteve27

It’s the final weekend of the regular season for Northwest volleyball as it hits the road to take on Pittsburg State at 6 p.m. Nov. 10 in Pittsburg, Kansas, and Central Oklahoma at 3 p.m. Nov. 11 in Edmond, Oklahoma. Coach Amy Woerth said the Bearcats are focusing on continuing to get better around the board heading into the weekend.

“We hit our points of what we need to improve on in our Monday meetings,” Woerth said. “We hit those and give (the players) a focus of what they need to think about for the week. So, we’re doing that and obviously competing as much as we can in practice.”

Some of the improvements Northwest (15-11, 10-8 MIAA) is trying to make include having a higher hitting percentage and winning the first set.

The Bearcats are hoping to secure the fifth seed in the MIAA Tournament when they travel to take on Pitt State (9-18, 4-14 MIAA). Northwest has the advantage for the position over Washburn (16-10, 10-9 MIAA), who is sitting in sixth in the conference standings and whom the Bearcats

swept Oct. 27.

“We gotta get through Pitt,” Woerth said. “That really puts us in the fifth spot and locks us in for the spot, which would mean we would have a matchup against Missouri Western in the conference tournament. So, we’re really focusing on Pitt.”

The Bearcats will finish the regular season at Central Oklahoma (24-4, 15-3 MIAA). Northwest will have a chance at revenge when it travels to Edmond, as the Bronchos swept the Bearcats Oct. 13.

“We’ve yet to play well at UCO,” Woerth said. “I’m looking forward to turning that page — that we can play well at UCO, and we can get that done. They always have interesting fans there, and so we have to overcome some stuff there. I’m sure they’ll present that to us, but really we’re just taking it one game at a time.”

Northwest is headed into the week-end off a dominant, 3-0 victory over Fort Hays State (11-16, 5-13 MIAA) in which the Bearcats had their highest hitting percentage of the season so far at .459.

Junior middle hitter Avery Kemp said the ‘Cats are going to use their momentum to their advantage.

“Another thing a lot of people don’t re-

UP NEXT

NW vs. Pittsburg State
6 p.m. Nov. 10
Pittsburg, Kansas

NW vs. Central Oklahoma
3 p.m. Nov. 11
Edmond, Oklahoma

alize is we passed it 2.6 (passing effectiveness),” Kemp said. “Which, I don’t know if that means anything to anyone else, but that’s a really good passing percentage, which really helps our setters out, which really helps our middles, so, it all goes together in that aspect.”

Leading Northwest in kills during the victory over Hays was Kemp with 15. She said the Bearcats are ready for the weekend.

“I think we know that Pitt’s going to bring it — they have nothing to lose at this point,” Kemp said. “We’re obviously going to be prepared for them to come out swinging, but I think we’re ready. I mean, as long as we can lock in our fifth place spot, and we can prepare for the tournament, then everything should go as planned.”

ST. JOSEPH CONTINUED FROM A1

The Wolves won their fifth Northern Sun Intercollegiate Conference (NSIC) regular season title in the last six seasons in the 2022-23 campaign and were picked to finish third in their conference’s preseason coaches poll.

When Northwest tips off the season at 3:15 p.m. Nov. 10 just over 40 minutes down Highway 71, 15th-year coach Ben McCollum said the unfamiliarity of a new campaign will be a bit of a challenge, but he also said good teams generally stick to their system.

“Good teams, they adapt to their personnel, but they also don’t reinvent the wheel,” McCollum said. “So I think we just need to focus on ourselves, try to get ourselves a little bit better for this game and, you know, see what happens from there.”



FILE
Senior guard Luke Waters, sophomore forward Daniel Abreu and sophomore forward Byron Alexander high fives sophomore guard Mitch Mascari as he exits the court during the Missouri Western 87-64 win Jan. 7.

Northwest has defeated Northern State six consecutive times, and two of the last three meetings were decided by single digs.

The Bearcats’ second game of the season will be against Southwest Minnesota State (16-12, 2022-23) at 3:15 p.m. Nov. 11. It will be the first matchup between the two since a 55-52 win for Northwest in 2017.

As also part of the NSIC, the

Mustangs were projected to finish seventh in the conference’s preseason poll.

When the season opens for Northwest, the program will be without Diego Bernard, who recently signed a contract with the NBA G League’s Mexico City Capitanes, and Luke Waters — the last players to be involved in the Bearcats’ entire three-time defending national title run — for the first time since 2018.

Mascari, who has played alongside three of the players in the program’s top 10 for career points entering his fifth year with the ‘Cats, said he’s ready to take that next step as one of the leaders.

“I’ve been blessed to play with many amazing fifth-years and just learn from them,” Mascari said. “I mean, it’s hard to even explain. You know, coming in as a freshman, it’s a night and day difference to who I am now and what I’ve learned.”

MINNESOTA CONTINUED FROM A1

The Mustangs have been picked to finish toward the top of their league and, like the

Bearcats, have most of the athletes returning from last season.

The first game of a season means there is no film to watch besides the last season. Meyer said the team just has to assume

there was significant growth from Southwest Minnesota over the off-season as there was for Northwest.

“As a program, we would like to continue to defend at a high level, starting with transi-

tion defense and then guarding at the half-court,” Meyer said. “Team defense is key, as we need all five players to be engaged and active on the defensive end.”

Hartnett said she has seen a lot of growth in her team from last season, and she expects to see more of the skills from her teammates that were shown in the 109-57 exhibition win over Livin’ The Dream Oct. 30.

She said she wants to see shots being knocked down and stepping up on defense in all. She also wants more shots and layups on the offense along with making an emphasis on sharing the ball.

She said even with these expectations, the main point of the game is to have fun no matter what happens, and being relaxed will help herself and the team play better.

She said practices are going according to plan leading up to the weekend competitions, and each player on the court has continuously brought great amounts of energy to every practice.

“I feel like our team is super close,” Hartnett said. “It’s the same exact team plus Anastyn (Petillon) this year, so we’re really close, and translating that on the court makes it just so much more fun. Smiling and making sure that we’re having fun while also competing at a high level is what we really enjoy the most.”

HOME GAME SCHEDULE

NW MBB

- vs. Missouri Southern
7:30 p.m. Nov. 30
Bearcat Arena
- vs. Pittsburg State
3:30 p.m. Dec. 2
Bearcat Arena
- vs. Wasburn
7:30 p.m. Dec. 13
Bearcat Arena
- vs. Emporia State
3:30 p.m. Dec. 16
Bearcat Arena
- vs. Clarke
(non conference)
3:30 p.m. Dec. 30
Bearcat Arena
- vs. Central Oklahoma
7:30 p.m. Jan. 18
Bearcat Arena

- vs. Newman
3:30 p.m. Jan. 20
Bearcat Arena
- vs. Nebraska-Kearney
7:30 p.m. Feb. 1
Bearcat Arena
- vs. Fort Hays State
3:30 p.m. Feb. 3
Bearcat Arena
- vs. Rogers State
7:30 p.m. Feb. 15
Bearcat Arena
- vs. Northeastern State
3:30 p.m. Feb. 17
Bearcat Arena
- vs. Missouri Western
3:30 Feb. 24
Bearcat Arena

NW WBB

- vs. William Jewell
(non conference)
6 p.m. Nov. 17
Bearcat Arena
- vs. William Woods
(non conference)
1:30 p.m. Nov. 25
Bearcat Arena
- vs. Missouri Southern
5:30 p.m. Nov. 30
Bearcat Arena
- vs. Pittsburg State
1:30 p.m. Dec. 2
Bearcat Arena
- vs. Washburn
5:30 p.m. Dec. 13
Bearcat Arena
- vs. Emporia State
1:30 p.m. Dec. 16
Bearcat Arena
- vs. Augustana
(non conference)
1:30 p.m. Dec. 19
Bearcat Arena
- vs. Kansas Wesleyan
(exhibition)
1:30 p.m. Dec. 30
Bearcat Arena
- vs. Central Oklahoma
5:30 p.m. Jan. 18
Bearcat Arena
- vs. Newman
1:30 p.m. Jan. 20
Bearcat Arena
- vs. Nebraska-Kearney
5:30 p.m. Feb. 1
Bearcat Arena
- vs. Fort Hays State
1:30 p.m. Feb. 3
Bearcat Arena
- vs. Rogers State
5:30 p.m. Feb. 15
Bearcat Arena
- vs. Northeastern State
1:30 p.m. Feb. 17
Bearcat Arena
- vs. Missouri Western
1:30 p.m. Feb. 24
Bearcat Arena

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It's OK to not feel like a survivor at first



The first time I was called a sexual assault survivor, I was mad. I did not feel like a survivor of anything, I felt like a victim. It took me a long time to feel like a survivor of what happened to me, and that is OK. Nobody has to feel like a survivor of a terrible thing that happened to them right away. It takes time to heal.

I was first assaulted when I was 7 years old, and I didn't feel comfortable in my own body again until about two years ago, nearly 11 years later. That was a 10-year healing process for me.

Everyone is different — what may take someone only a couple of months to heal from, can take the next person years.

You aren't required to be OK after being sexually assaulted, everyone can take the time they need. It is a horrible thing that 81% of women and 43% of men have reported this happening to them just in the nation. That does not take into consideration the amount of assaults that are unreported.

You may never feel 100% OK again, and that's fine, even normal. Take the time you need to heal, you deserve that. Don't let anyone tell you that you can't or that it is taking too long for you to be "normal" again.

It is even harder when there is no form of legal closure. Not everyone gets justice. I didn't, and I know that is something that prolonged my healing. Out of 100 teenage girls and women who are sexually assaulted and report it to the police, only around 18 lead to arrests, according to UMass Lowell.

Let yourself grieve and try to heal, though. Don't hold onto the trauma and let it take over your life — you can heal, and it's important to try.

I will always advocate to call people who were sexually assaulted survivors because everyone is a survivor, not a victim. All of us who have been sexually assaulted deserve a title better than victim.

Healing does not have a time-frame, it changes as you do. You also do not have to go through this alone, you are not alone. If you need help, seek help, it does not make you weak.

There are so many routes to take to start healing, including therapy. I went to therapy, and I don't believe I would still be here if I didn't seek that help.

Being called a survivor was not for me at the beginning of my healing journey. I am still mad about what happened to me, and I know I will never fully move on from it, but I have accepted that now because I let myself heal.

It is just something that happened to me. It is not what makes me who I am, and it does not have to be the thing that makes you who you are. It does have an impact on me and always will, but it is not who I am.

Take back your life, and don't let anyone else have that power over you. Become a survivor. I still have days I feel like a victim, but I have grown and healed. I know I am a survivor now.

THE STROLLER: Your Bearcat is not excited for winter

Winter is basically here. Maryville has skipped right over fall and moved on to the cold and wet days of the year. This has been the first week of sort of fall weather, but every other day has been cold and gloomy. I want my fall fashion, and it was ripped from my hands this year.

I will admit, I am a person who feels the seasonal depression as soon as it gets cold outside. I need sunlight, and I need

weather over 50 degrees or nothing will get done. The odds of me failing my classes increase by at least 60% during winter. Thank God for our month-long break.

Everyone can say how pretty it is and how much fun winter is, but I can't agree. The snow stays pretty for maybe a couple of hours, then it all turns to brown and gray mush in the streets.

Let's talk about driving in winter. I hate it. It is actually the worst thing ever. My li-

cense should be revoked during this season because I lose all of my driving skills as soon as snow hits the ground. Also, I hate waiting for my windshield to defrost. You're telling me I have to get up even earlier if I want to be able to use my car?

Winter also brings daylight saving time, which is the worst thing to ever be invented. I need it to still be light outside at 7 p.m. or I am ready for bed as soon as it turns dark.

I can see the appeal, only because of holidays. There is nothing else saving winter in my eyes. I will apologize now for the person I become during winter, they are very different from who I am now.

Winter has been and always will be my least favorite season.

The Stroller has been a tradition since 1918 and does not reflect the views of the Northwest Missourian.



HAILEY JOHNSON-NEESER CARTOONIST

OUR VIEW: Don't fall into the cycle of abusing substances to study

You're overwhelmed looking at your essay that has only three words with a midnight due date, knowing you have about 10 other assignments to finish. You're breaking down at even the sight of this workload. If you ask some other college kids for advice, they might turn you over to a little "study pill."

Adderall is a pill used to provide focus and keep your brain stimulated. It has become a huge over-the-counter drug that has been abused by many college students in the past few years. Students may think Adderall will help with fulfilling their productivity and meeting deadlines, however, there's a deeper and darker understanding of the effects of the drug.

It is estimated that about 20% of college students abuse stimulant prescriptions with many students not even having a prescription, according to the National Library of Medicine. The misuse of medication can often lead to other mental struggles. People who are using this study pill regularly are creating more issues in the long run physically and emotionally.

Prescriptions are used to treat people with specific needs, and, if not diagnosed properly, it may do the opposite of its purpose. Some side effects of the misuse of Adderall can be sociability is-

sues, anxiety, nausea, loss of appetite and drug-dependent issues, according to the American Addiction Center.

Students using Adderall suggest that it boosts their mood and their productivity, but because of its high dopamine levels, this can lead to high dependency. The most active ingredient in Adderall, known as Methylphenidate, has been said to lead people into the consequence of addiction when using it unprescribed or overusing it, according to the Hanley Center.

This pill is mostly used to treat people with disorders like ADHD and epilepsy. People with these conditions need stimulants to go about their everyday lives. With the number of students getting these medications without being prescribed, people who are prescribed are finding it difficult to get ahead of their medicine.

This issue isn't far from home, either. It is estimated that about 235,000 Missourians have misused Adderall in the past few years, according to the Missouri Department of Mental Health. Our communities need to know there is a problem.

About 94% of independent pharmacies have experienced a shortage of Adderall, according to a survey conducted by the National Community Pharma-

cists Association. It's become a problem with multiple pharmacies to keep in stock, and, with this medication becoming more socially acceptable, students are not realizing the problem or accepting that there is a problem.

Abusing Adderall leads to issues larger than an exam or an essay.

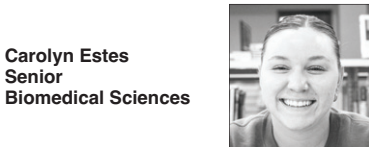
This medication is steadily growing through different colleges around the country. Many students are finding it easier to take this pill rather than looking for healthier ways to deal with stress management. Students are struggling maybe now more than ever. As finals near, the workload is becoming heavier, and payments are becoming larger. There are many reasons for stressors, and it's OK to feel stuck, but self-care and breaks are important. Avoid unhealthy habits like misusing medical substances, and understand that addiction is serious and can alter one's life.

Your sanity is more important than your homework.

Addiction counselors and mental health consultants are out there, and, if you are thinking there is a serious problem with your mental health, it is important to have a real diagnosis before using substances that you're not fully aware of.

RESOURCES: SAMHSA National Helpline: 1-800-662-4357 Crisis Text Line: Text HOME to 741741 National Drug Hotline: 1-800-950-6264

YOUR VIEW: How do you balance your schedule during finals week?



"I try to figure out what test comes as a priority first, which most often are the ones related to my major. I plan to study a few days in advance before those tests, and just work the rest of my schedule around from there."



"As an education major, I don't really have any tests during finals week. We're given projects and lesson plans to work on, and I try to get those done before the last week of school so I don't have to stress."



"I usually start preparing my schedule the week before finals, and I adjust my work hours so I have enough time to study. I like to review the notes I took from previous class lessons to refresh my memory and feel confident when I take my finals."

CRIME LOG

for the week of Nov. 9

Northwest Missouri State University Police Department

Nov. 7
There is an open investigation for domestic assault in the fourth degree in Franken Hall.

More Information

University Police Chief Clarence Green said in an email to The Missourian the survivor reported that the person they are dating intentionally placed them in harm's way. The survivor was provided resources.

Nov. 6
There is an open investigation for sexual abuse - forcible fondling in Franken Hall.

More Information

University Police Chief Clarence Green said in an email to The Missourian the survivor reported that a known offender touched them on their genitals. An advocate was provided to assist the survivor along with other resources.

Nov. 5
There is a closed investigation for a fire alarm in Dieterich Hall.

Nov. 1
There is an open investigation for threatening nonconsensual dissemination of private sexual images.

More Information

University Police Chief Clarence Green said in an email to The Missourian the victim reported they shared sexual images with an unknown person via a social media app. The unknown person asked the victim for money in lieu of them making the photos public.

There is an open investigation for stealing in Perrin Hall.

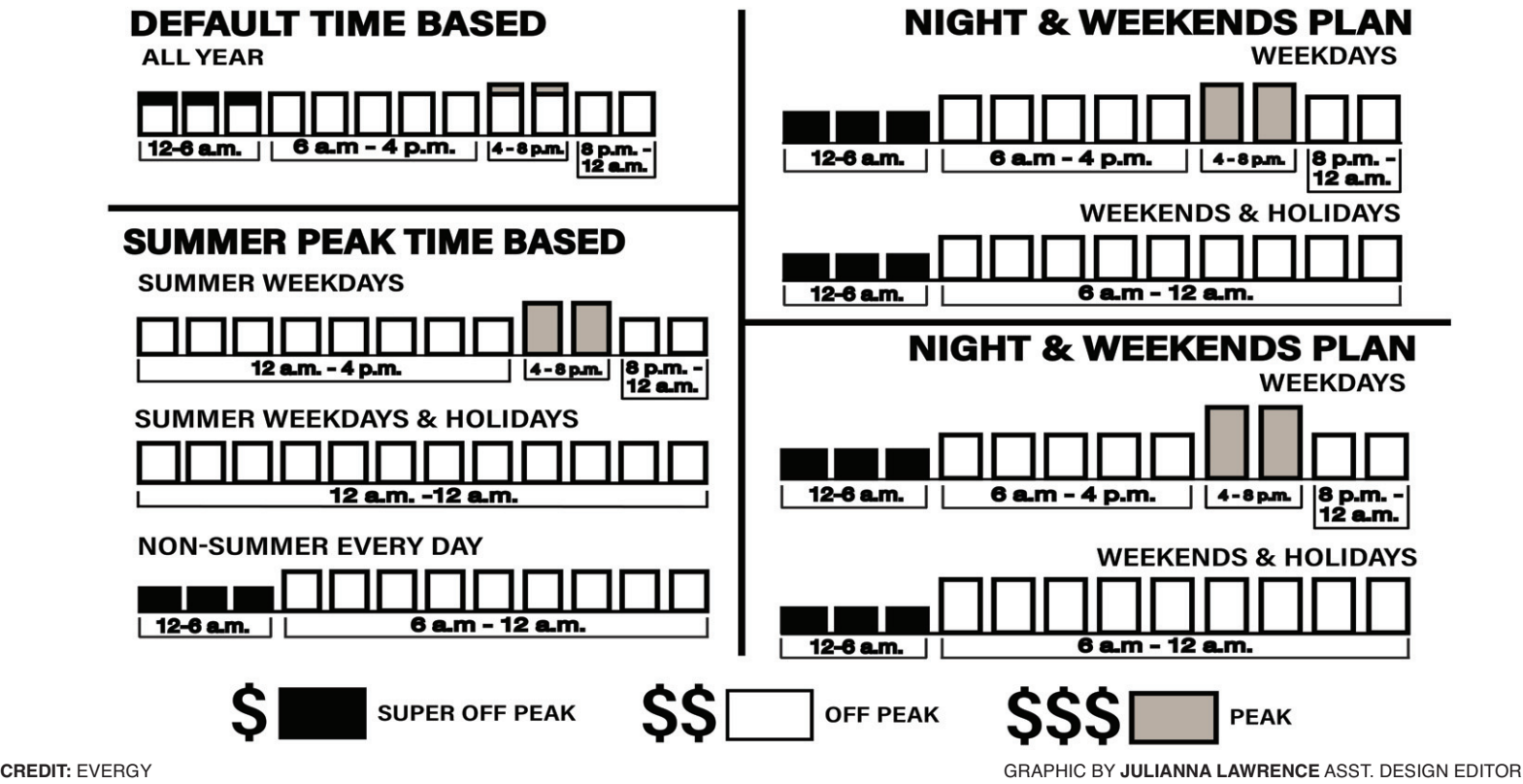
Oct. 31
There is a closed investigation for a fire alarm in Perrin Hall.

Maryville Department of Public Safety

Nov. 6
There was an accident between **Stephanie L. Harrison**, 34, and **Saryn E. Demarr**, 22, on the 500 block of West South Avenue. Harrison was charged with careless and imprudent driving.

Nov. 5
There is an ongoing investigation for domestic assault on the 600 block of West Halsey Street.

PEAK TIMES FOR NEW TIME-BASED PLANS



Northwest professor to talk political lines

RAIEA SALERNO
News Reporter | @RaieaS

Oftentimes, political parties struggle to see opposing views and ideas, hindering the ability to connect, Northwest assistant professor of political science Bronson Herrera said.

Herrera will speak in this year's Last Lecture, an event where a chosen teacher gets to speak about their preferred topic as if it was the last lecture of their careers. For this year, Hererra's topic is "Who is My Political Neighbor?" The topic will explore the idea of crossing the political line to encourage the importance of acknowledging other viewpoints opposing than ones own.

Last Lecture is hosted by the Society of President's Scholars, an organization that recognizes student's academic achievements. The event will be at 6 p.m. Nov. 14 in Room 2550 in the Garrett-Strong Science Building. The presentation will last approximately 45 minutes. The event is free for anyone to attend.

"First, it kind of caught me as funny because I'm, I would say, still in the beginning of my career," Hererra said. "I was honored. I didn't exactly know the process, but knowing that students want to give me an opportunity to speak was nice."

Originally pursuing a music degree, Herrera graduated with a master's degree and Ph.D. at the University of Kansas. His undergraduate schooling was at Brigham Young University in Idaho. His academic interests lie in religion in politics and public administration. He is now an assistant professor of political science. He joined Northwest in 2018.

Even for students who do not lean too politically, the speech is a way of thinking about people's opinions, stances and backgrounds and how we can learn and acknowledge them, Herrera said. He said it would still be a great learning opportunity to build skills for their futures and careers.

President of the Society of President's Scholars Ethan Shutts, a junior

majoring in cybersecurity and computer science, said social division is more prevalent in today's age, so attending Herrera's speech would be a great way to oversee partisan considerations and see each other as we truly are; as neighbors.

"I think it's very important," Shutts said. "I think the mass media has twisted the stance of politics nowadays. So anything we can do to educate people on this topic and how to remediate them we'll do. I'm very happy that he'll be talking about this."

The students involved in the Society of President's Scholars are given the chance each year to select a teacher to speak in Last Lecture. Shutts said the history of Last Lecture is ambiguous, but it is thought to have started in 1986 when the Society of President's Scholars was formed.

"I think we often get a lot of perspective from professors," Shutts said. "But we rarely hear their personal advice about topics important to them. It's a way for them to crystallize the wisdom they've accumulated."

Shutts said Last Lecture provides both the speakers and students attending with the opportunity to gain knowledge and mindfulness. For the speaker, it is a way for them to connect on campus and convey ideas they otherwise might not have been able to before.

"We go back to the kind of small-box thinking," Herrera said. "I hope they would gain an appreciation of perspectives from their own. What I hope is that no matter what perspective, they are able to see the value in people that have different opinions."

The wisdom gained from Last Lectures is the ultimate goal of the tradition. Shutts said the open-mindedness and willingness to listen to topics, some they might not know much about, is a skill he recommends all people should acquire.

Last year's speaker, assistant professor of education Tina Ellsworth, spoke about racial divides in the U.S. Her topic was titled "Our Time is Now." She focused on building solidarity across racial lines to make



ONKARABETSE KOIKANYANG PHOTOGRAPHER
Assistant professor of political science Bronson Herrera, speaker of the Last Lecture, in his office Oct. 7. Herrera highlights how people should be mindful of the opinions people share.

schools more equitable.

She remembered the amount of students that showed up felt heartwarming, knowing they cared about the subject. She hopes the same for Herrera.

"It is an honor to be chosen because the students choose you," Ellsworth said. "It says a lot about him and his relationship with his students on campus if he was chosen to speak this year. It is a huge honor."

First-generation students celebrated at event

HANNAH CLAYWELL
News Editor | @Hannah_9504

Northwest's admissions and Student Success Center partnered with TRIO to celebrate the first-generation students on campus Nov. 7.

This is the fifth year officially recognizing first-generation college students and normally around 300 students show up, this year being no exception. A first-generation college student is someone whose parents or guardians have not completed a bachelor's degree.

The theme this year was "First Generation Students Rock." This is the first year the event was held in the B.D. Owens Library, while in the past it has been held on the second floor of the J.W. Jones Student Union. The event was held within the same week as National First-generation College Day, which is Nov. 8.

Director of Student Success Leslie Abarr-Cuenca said she is excited to help Student Success host this event again.

"For many students, attending college is a significant milestone, not only for their own personal development but also for their families and communities," Abarr-Cuenca said in an email to The Missourian. "This event allows us to celebrate their achievements, show that there is a supportive community at Northwest and create resource awareness on campus, contributing to a more inclusive and informed campus culture."

Financial Literacy Coordinator Niki Richardson said there was a \$1,000 grant from NASPA's Center for First-generation Student Success and the Council for Opportunity in Education Northwest received for the celebration.

The grant was used to purchase T-shirts, which were given to students who shared first-generation testimonial submissions to be shared on social media, as well as to create awareness for first-generation students.

"We have a significant num-

ber of faculty and staff who were first-generation students themselves, and it's special to have someone who has walked the same path provide support to others," Abarr-Cuenca said in an email to The Missourian. "I think it deeply resonates with current first-generation students."

During the event, there were several booths set up with different resources and activities. Several prizes were given out and each student received a "rock your finals" survival kit to match the event's theme.

“

As a student, I have been so appreciative to be a part of a committee that has been supportive of not only first-gen students but those who support them as well.”

DARREN ROSS
FIRST-GENERATION
STUDENT LEADER

There was a \$250 giveaway for a scholarship for one first-generation student and several themed prize baskets students could win as well. There was also a station for first-generation students to write a thank-you card to someone who has encouraged them during their time in college.

Campus resources, including Student Account Services, Student Success and TRIO Programs were represented at



ALEXIS STARKS PHOTO EDITOR
Northwest senior Maggie McNeely takes a gift bag at the first-generation student celebration Nov. 7. This is the fifth year the event has been put on by the Northwest's Admissions, Student Success Center and TRIO.

the event.

Planning the event included creating a team with representation from areas all across campus working together. The team included Richardson, Assistant Director of Orientation Brandi Bix serving as the committee chair, Student Success Specialist Jennifer Partridge, Coordinator of Diversity and Inclusion Latonya Davis, Research Librarian Abha Niraula, Michelle Allen from human resources and first-generation student leader Darren Ross.

"As a student, I have been so appreciative to be a part of a committee that has been supportive of not only first-gen students but those who support them as well," Ross said in an email to The Missourian. "This event is also exciting for me to be the voice of students and what they would appreciate. It makes me feel special and a rock to all those who make this journey through college."

Shell's Service

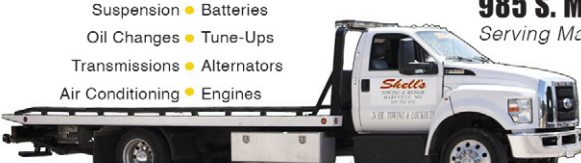
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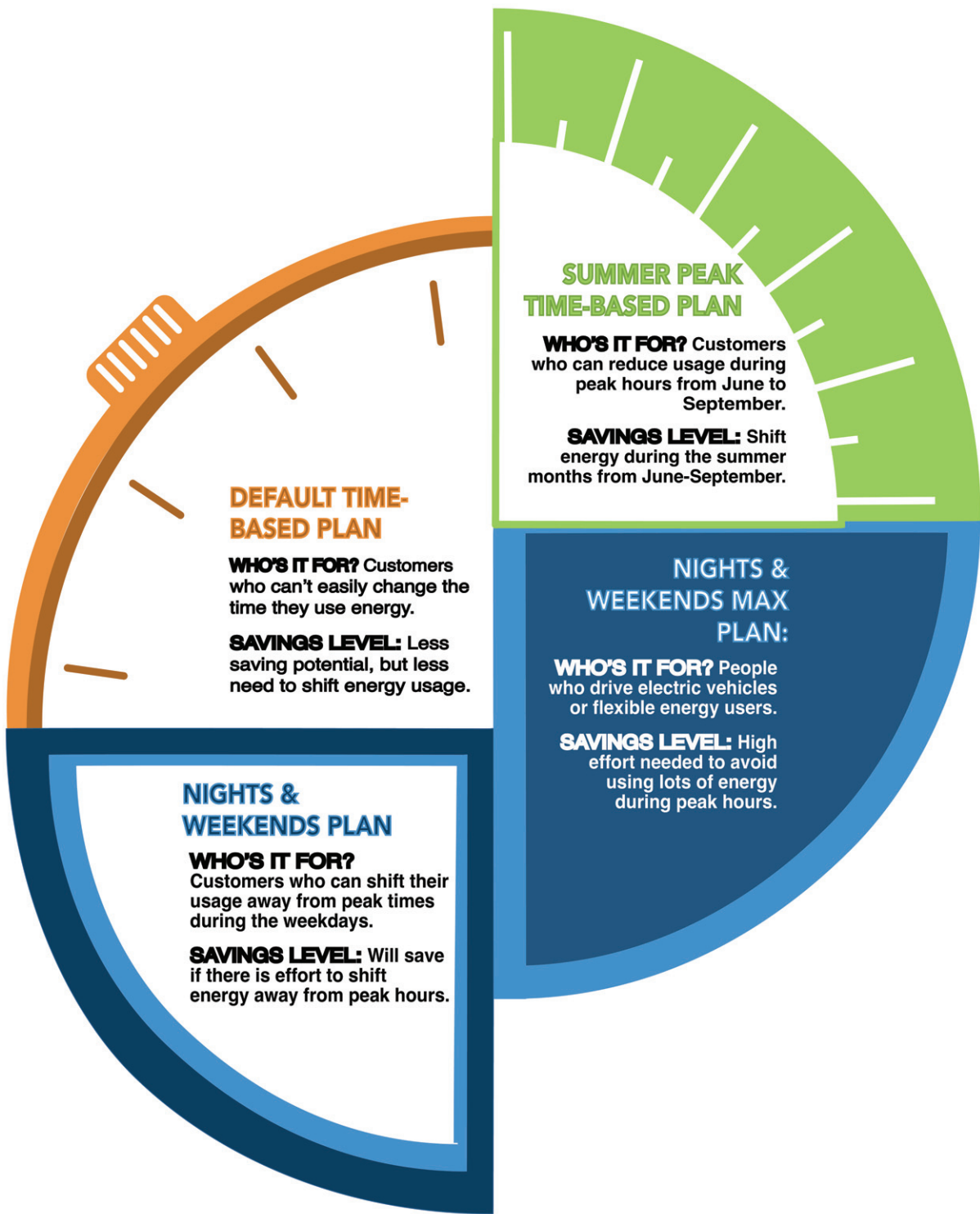


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RATE REVAMP



INFOGRAPHIC BY JULIANNA LAWRENCE ASST. DESIGN EDITOR

Evergy moves customers to time-based billing plan

SIDNEY LOWRY
Editor-in-Chief | @sidney_lowry

Missouri Evergy users will be seeing some changes to their billing following a switch in rate plans. For customers in northwest Missouri, the switch happened Nov. 1.

Evergy has made the change to time-based rate plans following a mandate from the Missouri Public Service Commission. The goal of this is to have residential customers pay for the actual cost it takes to produce energy.

Within this, peak hours — the hours that energy costs the most to produce and will cost the customer more — are from 4 to 8 p.m. In turn, hours where ener-

4-8 P.M.

are the peak hours where energy will cost more.

gy costs less to produce will cost people less. Now, there are four different rate plans to help people with their energy costs.

For the default plan, energy can cost anywhere from one cent to a quarter-cent per kilowatt per hour during those peak hours. In the super off-peak hours, from 12-6 a.m., the energy used during that time will be credited a cent per kilowatt per hour to customer's bills. For the other three plans, customers

are charged significantly higher rates for the peak hours and lower rates for the off-peak hours.

Senior Manager of Marketing, Analytics and Customer Channels Jeff Beeson said switching the rates of 500,000 residential customers across Missouri had to come in two phases. The first to transition Oct. 1 were cities like Kansas City which lies in the Missouri Metro area, then Missouri West, which includes cities like Maryville, St. Joseph and many more areas in northwest Missouri.

Beeson said the first phase in Missouri Metro went smoothly throughout October, and Missouri West has had no issues so far.

SEE EVERGY | A6

Maryville welcomes new food truck, owner talks connecting with his family

RAIEA SALERNO
News Reporter | @RaieaS

Sean Baker, owner and operator of Baker and Sons, has opened a food truck selling various foods he experienced during his Air Guard deployment. After being away from his family due to his position, he operates the food truck with his wife and son.

Sean Baker planned the food truck with his son Kelton Baker, both who were deployed in the Air Guard. After a month of opening, things have gone by smoothly in

terms of orders and legal documentation to open the food truck.

"I've been in the military for 35 years and the first Gulf War in '90 or '91," Sean Baker said. "And over the years I've been deployed, my son and I talked about opening a food truck so much."

Sean Baker is a U.S. Air Guard pilot. Sean and Kelton Baker are members of the 139th U.S. Airlift Wing of the Missouri Air National Guard. Sean Baker said Germany was a place he'd often visit in the military. The doner kebabs the food truck serves will have a German twist,

Sean Baker said. His wife, JoAnna Baker, also helps run the food truck. His other sons help out every once in a while as well.

Sean Baker felt Maryville needed food that was different, reasonable and quick at a low cost.

Baker and Sons specializes in doner kebabs, a food originating in Turkey consisting of meat, usually chicken, beef or lamb. Tzatziki, a Middle Eastern sauce, is recommended as a topping. Tzatziki is made from strained yogurt with cucumber and garlic.

SEE FOOD | A6



ALLISON DUARTE PHOTOGRAPHER
Kelton and Sean Baker man the fries and grill stations for customers' made-to-order meals, while JoAnna Baker tops off and packs up the orders Nov. 4.

Nonprofit organization hosts event for teacher development

ANNA BAILEY
News Reporter | @AmBailey16

The Bill of Rights Institute partnered with the Herzog Foundation to host an event offered to teachers called "Being an American," where participants attended a full day program.

The Being an American program was first offered Oct. 27 in Joplin, Missouri, and then again Nov. 2 in Maryville at the Mozingo Event Center at Mozingo Lake Recreation Park. In addition to this program, the Bill of Rights Institute and the Herzog Foundation will be holding another day-long session titled "Plainest Demands of Justice" Dec. 5 in Jefferson City, Missouri.

The Bill of Rights Institute is a nonprofit organization that focuses on creating professional development opportunities for teachers as well as student programs and scholarship contests, which provide information on American history and government.



We want them to walk away with ready-made lessons that they can use in their classroom that are based on American history and civics."

LORI RECH

REGIONAL MANAGER
BILL OF RIGHTS INSTITUTE

These programs are mainly targeted for middle school and high school education level teachers, but it is open to any teachers looking to strengthen their civic knowledge. Lori Rech, the regional manager of teacher and student programs with the Bill of Rights Institute and a speaker at the event, said they are working on expanding the education they provide.

"We do have some elementary teachers who come, there's parts of our curriculum that are really good for fourth and fifth grade," Rech said. "We are working on an elementary curriculum, but you know, most of our resources are going to be mostly for middle school and high school."

SEE TEACHERS | A6

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